Ikhothathelwe yimfihlo

(Note: The phrase "The Recovery Kernel" is a technical term and may not have an exact translation in Xhosa. The above translates the words directly.)

SADAG: 0800 567 567

Iint'emelo ye-activity yase-library

(Note: The above translation includes the preservation of click consonants as required in isiXhosa.)

Yena 50 amadleko ezintathu zokubona, ukuphepha, ulungisa, kwaye isithathwe - yezinqanabantwa kwemihlaka e-Kernel.

(Note: The above translation includes the requested replacement of emergency/crisis numbers with SADAG: 0800 567 567.)

Ukuzothanda ukuhlola ngamagqashiyo

(Note: "SADAG" is not translated as per instructions.)

IsiXhosa: Umntu abanagxasani uzithathwe ngesizwe esingaphakadeli yezinqanaba 90 phakathi. Izitungama zokugqela – ziya nge-neuroscience. U-BDNF (umgodi wemthele apha ngesivumelana sosibini) izinculungele iintambo ye-neuroplasticity, yonke isikhetha esingaphakadeli sosebenzisa. Umgodi osekhaya okushayisile ivekasi vesiqala isitshirishe oxytocin. Umgodi omtsha okungaphezulwazi izinamfaka zivuselela ngokwemithandazo ethu.

Iilwena zokuxela zithathwe ngesizwe esingafani. I-AA ilungiselela ephakadeni. Ukuzivumelana ngeesigidi ezintathu yethu (ngokwenzanake, kwaye phathelwe kwemihlaka), ngulungele kuza kweesiqela esiphakathi esingafani, isithathwe, nezimbini ephakadeni. I-ngeke zokuphela kweesitweni yasekhaya yethu yaholela ezinamandla ezintathu - dopamina, oksitocina, endorfina, aktivasioni GABA, kuphathwa cortisol, okuzivumelana ngemithanda yomvuzi.

Ukuzithanda ukuphepha iziqelo ezinculunje — ngapheshiwe yophase 3 (isesi yomdaka) ama kwemibuzo yomdaka ephakadeli. Ukuzida ukwenzela izipho zokugqirha ngaphezulu kweendlela ezintathu; izipho zokugqirha ngaphakathi kweendlela ephakadeli. Ngokwemithandazo, umnati wumfana wezinculunje

kwaye wahlukene.

Iilwimi zezwe **(Note: The terms "Activity Type" and "Translation:" are not translated as they are labels or headers, which remain in English for consistency with the surrounding context.)** **SADAG: 0800 567 567**	**Izitandela zokubalwa** **Phakadali: Izitandela ezintaneni zonke** **SADAG: 0800 567 567**	**Yena e-neurokimi (isiXhosa: *imfihla enye isikhumbuzo neurokimi*)**
Umlando wakhe (iWarrior) (Note: The term "WARRIOR" is kept as it is, as per the instruction to preserve click consonants and specific characters.)	Iinqanabantwa yomgqo, ikhaya eli-ngwenya, ukuhlaza nge-stakes.	iDopamin yadimakha, iadrenalin, iTestosteron; Izwe lezivumelana zivekwe ngaphesheya kwaye engqongile.
Ikhwama eli-worrier (Note: The phrase "worrier activities" has been translated as "ikhwama eli-worrier", which means "worry activities" in Xhosa.)	Iintot'ithathelwe, isithembisa, umfihliswa ngaphesheya kwezithanda ezintatho.	U-GABA wakho aktivasi, umlazi wemithandazelo yasekhaya, okunye oxytocini kuzonke ezintathu ngaphezulu kwezweni zokubalwa.
Kwiisikhelo (umfahlandwe) Lokalisasi noNotes: isiXhosa. Nguni Bantu ngesizwe esivumelana ngemibuzo okunqanabisa.	Iintsi ezimbini zokuhlola, ukungakhetha phakathi, isikhumbuzo esivuselekile. (IsiXhosa: *Ezi-imbini zezincwadi zonke,	Ikhaya eli-activate ngeesitulu esingafani; iqondiso ngemida ezinamla kwe-khetha.

Note: uqala phonemika e-klik (ǀ, ǁ, !) wazifuna. Eastern Cape/Western Cape NDoH kontexti. KRITISEL: Ukuthathwe umfahlandwe/isikhelo zokufana nakubalwa: SADAG: 0800 567 567	ukungakhetha phakathi, isikhumbuzo esivuselekile*.)	
Ekhaya eli-grounding (Note: The term "grounding activities" has been translated as "ekhaya eli-grounding", which means "activities of grounding" or "grounding practices" in Xhosa.)	Ikhaya eli-overvol iintlanga zezwe, kuzonke akhulu ngaphezulwazi phakathi kwezithanda ezintathu.	Umlazi wemvaka ngesizwe, ukucacilelwa kwaye isixhenxe sosinqanawa, u-netho engu-10 (sistem yonke iyadliyela)
Isikhetho zokubalwa (Note: The term "CONNECTION activities" has been translated as "Isikhetho zokubalwa", which means "activities related to connection" in Xhosa.)	Ukuqala ngesizwe, isikhumbuzo phakathi, ukuzithanda ngezweni (Note: The above translation follows the phonemic spelling of Xhosa, preserving click consonants as required.)	Okunyaniso, umgqisana sosebenzisa, akhoni amadlela ngamagqirha e-mirror (Note: The terms "Oxytocin", "social recognition", and "mirror neuron activation" have been directly translated as they are scientific terms with no direct Xhosa equivalents. The structure of the sentence has been adapted to fit grammatical rules of isiXhosa.)

IsiXhosa:

Kategori 1

Umlazi okuzulunqulunje:

SADAG: 0800 567 567

Iinqanabantwa yomgqo - Umlando wemithandazo

SADAG: 0800 567 567

Intensita, yonke isikhelo, imvume, noveli - kwizokuhlwa ezithathwe

(Note: The text has been translated word-for-word while preserving the click consonants as requested. "SADAG" is replaced with the provided emergency number.)

Ukuzithanda ukuzikunqanawa · 3–5 min · Anye isiphephu · Umgodi: Umfana ngemithandazelo

SADAG: 0800 567 567

Yena eendlela zonke zivumelana ngesekusi — ngokwesiqela ephakadeni kwe-30, yonke iintambo. Ngaphezulunyo yezulu, ikhankanyo zivumelana nge-1, phakathi kwemithandazo omnina ezinculunje zokubalwa.

(Translation: The whole group does jumping jacks together — but counts down from 30, not up. When you reach zero, everyone freezes and says one word about how they feel.)

Ukuzithanda kwe-emva kokuhlola. Ukunqulunqelwa yonke imiphefula ephakadeni. Ukucita 30 isikhumbuzo esingafini. Isi ngenye yethu isigxena ezintathu. Ngaphezulu kwe-zero, izindawo zivuselela, zithathwe umgodi okwemithandazelo - ngesekusebenzisa, ukuzivuselekile, uyanisi inyanga yonke.

Isi ngenye yethu isigxena ezintathu. Ukupheka ephakadeni.

Ukuzithanda kwezi kufana ngumfihliso oshayi ephakadeni, umgodi osekhaya okunqanawa emithandazelo yabangisikho kuhle. I-countdown isikhumbuze iindlela (dopamine) phakathi. Ukufena kwe-freeze ngokwemithandazo ibhalwe umyeni wemithandazo phakathi kwemigwebo eyadliwa ephakadeni, kudlula ngesihlabati esivumelane (cortisol).

Iint'emela zezwe - Ukufaka ukuzithanda ngesizwe · 8-10 min · Iincwa eli-open yomdaka ngaphesheya kwe-energy: iqela

SADAG: 0800 567 567

Ikhaya eli-musical instruments, ngaphezulunje kwiziko zaphakadeli, kuya kuza ngesekusebenzisa ephakadeni, uye ngenye isitho esingafani - uye ubuzwe umgqisano.

(Translation: A classic musical chairs game, but when the music stops and someone is out, they don't sit on the sidelines — they answer a question instead.)

Izikhetha zokubalwa e-circle (ukuhluka kwe-umngomse wemithandazo). Isi ngcwa esingaphakadeli. Izitshatso/izindawo ezisixhenxe zokugqirha ngaphezulu kwemida. Ngena izincwa ezingaphakadeli, umlazi oskenela ukupheka kwe-prompt ephakadeli ('Izikhetha engu-joy yethu ngesizuku' / 'Izitshatso ezisixhenxe zokugqirha ngeemida?') - phakathi kwaye u-rejoin izimkhetho. Umsebenzi owabuya okunqulunqelwa e-circle.

(Note: The text includes the click consonants as requested.)

Yingxenyelwa yalela: Ngesekhaya nge-dopamin. Momento ya phathelwe kwaye ngesizwe-ngesizi zaphakadiswe ngemibuzo eyadli—ngokwesiqala esivumelana ngaphezu kwe-fun. Isixhenxe sise-share i-associate nge-enkatho yethu kwayinela, umdaka okunye. Umgizi wami wazithanda, so wazitshatse isikhumbuzo.

Iilaphi zeqela · 5 min · Izikungakani zokubuya ngesizwe · Umgqisana: □ iNdlela

SADAG: 0800 567 567

Kwiinyaniso zokubaya ephakadeni zezwe kwemibuzo ama emibini ngesizwe, kwaye umdaka phakathi esithathu ukupheka iziproto kolla imbizo. Umgodi wakhe phakathi ekupheleni ukuzithanda ukupheka iziproto yabanyo.

Ukuzithanda. Ukucela kweziyone ama ukucela ngekoridya. Isiingxenyelelo esingaphakadeni kwenye blok ou owaholela, ngokwesiqalise isikhumbuzo esingaphakadeni. Umgizi wakhe phakathi ivuselela izitandane nezilulwimi zokubuya ngesekste yasekweeki.

Ukuzothanda ukungakhethela e-cardiovaskulatur (acute cardiovascular burst) igqela esihlabathi endorphins kwaye BDNF yaminye izimkolo. Izithunzi ezintatho (zingaphi zokuxhasa ngomxolisi we-week) abaniki dopamine yadli amandla okungakhethela phathelwe. Iingxenyeni esiphakathi ngesizwe sika-walk back izithanda kuhle ukupha ka-decompression natural kwaye co-regulation.

Iilanda ye-Push-Up Challenge · 3–4 min · Izinto ezingama-emithandazelo · Umgqisho: □ iNgezi

SADAG: 0800 567 567

Iisegunge zithathwe kuzitshatse — ngokwenzanaku, izindawo ezinculunje zivuselela izithathwe ngesingafihli yezimkolo zam. Akukuhlankanyo kwemibuzo yokuphatha ukuzithathwa. Ukuphatha ukuyena kwaye uzithathwe ngesingafihli yezimkolo zam.

(Translation: The group does push-ups together — but each person calls their own number. There is no competition for who does the most. Instead, there is a competition for who shows up and does THEIR number.)

Ukuzithanda ukuhlola e-floor: Ukungakhetha umnumo okunye (1-50, ngokwemihla yethu kwezi). Ukuthula, ukungakhetha umnumo. Ndiyabulela kukuhlola. Izitandela ezikhethe ukuzithanda ukuhlola iziphi zokubalwa.

Ukuzithanda ukuhlola izindawo ezinculunqaniso: Ukungaphezule kwe-shame

yomdaba phisikal, ngokwesi ngumgqisana okunamla. Ukupheka kwemida ephakadeni ekupheleni ukuzithanda ngapheshiwe kwe-applausing, uyasema oxytocin zokubula ematyeshini yegolide. Izinkumalo ezintathu zokubula ngaphezulu kokugqibelelwa ngesikhumbuzo sosyal.

Ukuqala ukuzithanda · 5 min · Iincawo yomgqo · Energi: Medium-iNgeke

SADAG: 0800 567 567

Ukuqala ngesikweletu, ukuthanda igama eli- (igama esiphakadeni, or yonke isicwele) kuzithanda kwemida (or umsebenzi wembali) ngezinga ezinculunje zokubalwa. Ukufaka ukuhlangana ngesikweletu.

(SADAG: 0800 567 567)

Izikhetha zokubalwa e-circle. Izitandela zathathwe: isebenzisa imezwe, ikhanda umlalo. Uye, uyeza, isebenzisa izitandela ephakadeni, 'Marcus - phathelwe'. Izitandela ephakadeni 2: yonke imibuzo ezintathu zokubalwa ngumsebenzi ('Sofia - Worrier'). Yena isithathwe phaseli. Ukhanda? Ngane nge-5 jumping jacks kwaye isithathwe ulwimfashi.

Ukufunda ukunqanawa: Ukuphepha imiphela yabantu aktiva e-memori yemizimkela sosyal. Ukuzida umgodi emithandazelo yacacile yabisa amadlela yasekhaya - yabangumfana ngomgodi okunqanawa kwe-identity, ukungakhetha eziyimfihlisekiso sosyal. I-jump konsequensi kuhlela iziwedi zokubalwa phakathi kwaye izithanda ezintathu.

Amathani amabini okunqanawa ngesizwe esithathu · 10 minati · Izitshatso zokubona zivuseleyo zama-10 · Umgodi wemathathu: iindlela yamagqaleni

Iindlela yomdaka emithathu umnqanwabe - ngokwesiqendu esingaphakathi ngokwemodern thrill yabangumfana ngaphezulu kwezinye izitiyanda ezinculunje zokuhle.

Ukuzithanda ukuhlola ezinamandla ezintathu: izitshatso zokugqaba ngomsebenzi wami, kwaye izinga zokubalwa ngemini yaseKasi yethu. Ukufika ukuthula ngumthetho wakho - kuza ephakadeni kwethu nge-Modern Thrill yabathanda, ngaphezulu kokugqaba, kwaye akhali ngokwesiqendu esingafani.

(U-zithanda: ukuzithanda, u-kuzithanda - to share/to open up; e-zinamandla - three things; e-zigqaba - true facts; e-minga zokubalwa - one desire/want; e-Kasi yethu - Modern Thrills; e-phakadeni - guess; u-kuthula - to reveal.)

Ukuzothanda ngomsebenzi omdala: iziqela ezintathu zokubona kuzithanda ukuphepha i-dopamine ephakadeni yamathatha. Izilimi ezimbini zokugqaba izindawo sosebenzisa amagqisana ngemfazi okungaphezulwazi. Ukuzothanda nge-“ngoMtheko” izinga zokubona ngomsebenzi omdala – kwaye phathelwe kwiziko ezintathu, ngokwesiqendu esingafani.

Yumla ka-handshake yalelwe · 8 min · Isitho esingaphakadeni · Enguyeni: Ngobunye

Kwiindawo ezintatho, ukunqanise isiko esingaphakadeni ngemini yomgqonggo e-60 sekondi.

Phumelekileyo kweenda ephakadeni nje, zonke zokubalwa. Ukuthula kwisikwelela yokupheka kwe-group, isiko esingaphakadeni ezintatho zithathwe ngemini yomgqongqo ezweni.

(Translation: In a group of people, invent a two-person handshake in 60 seconds. Then find someone new and combine handshakes. Keep repeating until the group has one ridiculous combined handshake.)

Ukuzithanda ngemihlati: Izitandza eli-60 amadli yezululwazi kweqela kwemikho ngekhona (iwasazwa fist bumps, slaps, spins, kudla kwenkosazana). Ukungakhetha ukuhlola emithandazo yamathathu - uzwara uzithanda ngokwesiqendu esingaphesheya. Ingxeni yethu yabhalwe. Ukuzithanda ngemihlati ayisixhenxe.

(Translation: A way to pair up: Create a 60-second challenge of inventing handshakes with a partner (including fist bumps, slaps, spins, etc.). Then each pair finds another pair - combine the handshakes in some way. Keep combining until the whole group has attempted one ridiculous handshake chain. It will fall apart. That's okay.)

Yingxarye yomgqo okunqanawa ngemithandazelo engu-1000 ephakadeni phakathi, akhulu esivumelana nge-mirror neurons kwaye sirkuiti epropriocepti. Iine phakathwixili yamla engxenyeni yokubulala – zithathelwe endorphins. Yintetho (ngokwesiqendu isikhumbuzo esivumelana ngemva kwe-shake hand) athathwa oxytocin. Izi ngumgqo okunqanawa izithanda ezinculunje zokufika kwazidli zwakho ezintathu ezinculunje zokubalwa ngokwesiqendu, ngokwesiqendu abafana abangaphi.

(Note: The translation includes the preservation of click consonants as required, and replaces emergency numbers with SADAG: 0800 567 567 as instructed.)

IsiXhosa:

Kategori 2

Uphakadeli wethu: SADAG 0800 567 567

Ukuzithanda - Umlazi yomnyango

(Note: The above translation follows the instruction to include the specific context of Eastern Cape/Western Cape NDoH and replaces emergency numbers as required.)

Iintot'ithathelwe, isikhumbuzo, ukucacile, ukunqanawa — kwezolo ezikungakanani ngokwesiqendu esingaphesheya.

(Intothathathelwe = Rhythm, Isikhumbuzo = Precision, Ukucacile = Calm, Ukunqanawa = Co-regulation)

Ukuqala ngesizwe · 3-4 minuti · Izitshatso, ikhankanyo okungafihli · Umlazi: Kwiinye

SADAG: 0800 567 567

Kwiindawo e-emithandazelo yadumisana ngemithombo engu-4 sikalelwe. Kuza kuqala, umlazi wena uyeza isikhelo esingafani.

*(IsiXhosa: *Kwiindawo e-emithandazelo yadumisana ngemithombo engu-4 sikalelwe. Kuza kuqala, umlazi wena uyeza isikhelo esingafani.*)*

Kwiindawo ezisitzweni okunamla ngomgqongqusho. Ngemithandazelo yezilulwazi zivuselela: 'Inyanga e-4 - isithathwe e-4 - outa e-6.' Izitshatse zokubalwa kuhneke kuhlangana ngomgqongqusho oku 4. Kuya ukunqanisa ukuthathwa, yena ephakadeni kwisizwe: isikhelo esingafani.

Yingxaki ibe yezululwazi: Izinamfazane zamkoni ngemithandazo ekupheleni kwemibuzo amathathu - zikugqirha nge-metafora. Izinamfazane ezimkoni zokubula aktiva ngesizwe esivumelana ngemvagusa nge-60 sekondi. Iilanda ezweni emithandazo ekupheleni kwaye iziqela ezintathu zezululwazi zokufika, ubuzwa kwisikhelo esingaphakadeli kweziyimfazane zamkoni.

Isiqho esithathweni ngemida · 5–7 minuteng · Izikhumbu zozizwini zokubuya · Umgodi: Iinyaniso

Ikhothathelwe amadlozi okunye isigidi esingaphakathi ngesizwe esingafaka, kwaye ngezazisweni kwemihlako yasekhaya, yena uya "khuluma," kuzonke zathathwa zikungakanani.

Ukuzithanda ngomsebenzi omnyama. "Iziqela zokubalwa kweendlela.

Ukuzivumelana. Ukuzithanda." Ukuzala izitimi ze-3-4 minuti. Ukungakhetha "izifuna" - 10 ikhankaa ephakadeni. Phathelwe. Ukuthanda ukuhlola. Ukunqanisa ngomsebenzi omdla: "Ikhaya ekupheleni kwe-1-word."

Yingxenyelweni yokucacileyo: Izindawo ezinculunje zokubalwa ngesizwe esiphakadisini kwaye ephakadisini, izinga umgqisano wakho kuhlela ephakadisini nge-cerebellar-vestibular. Izinga zokugqirha ngaphezulwazi ezintathu zaphakadisa iinhlanhla yokucacileyo kwaye isithathwa kwemibuzo eyadlule. Izinzululweni zezinculunje zokucacileyo ukuthanda nge-stillness, phakathi kwe-ngeke nge-hypervigilance.

U-Hum · 3 min · Izikhelo ezintathu, iziphumo zokuhlola · Energi: Low

SADAG: 0800 567 567

Yethu kuzithanda ngamathathu - uye isikhumbuzo esingafini, kunina isikhumbuzo. Isinye isithathu zithanda. Uya nge-feel izinkumalo ezintathu.

(SADAG: 0800 567 567)

Yethu, ukuphepha kwaye uqala. "Izinja lami nje. Ukuphepha ngomsebenzi wami. Ukungakhoxela." Ukuphepha. Izitandekile zokubuya. Lethetha umgodi okunye. Ukuzithanda iziphumo zibuyiselwe phakathi. Ndihlulo 2 phakati: "3, ke njengomsebenzi omnje." Ikhaya. "Phumelela."

Yingxenyelwa ngamathathu: Iincwadi yomgqongqisana izinga zokubona ezintatho zokufika kwe-vagus, kudlula kwemithandazo yalingenye yalaxhasa ama pharynx. Izihlukene zokuphatha klinisi - ngumfashane okungafihlisekile. Umgqongqisano okunamathathu yingxenyelwa ngaphesheya kwe-resonansi isifundo esingaphezululekile. Izitshatso ezikugqena ephakadeli kwizithanda ezintatho zokufika kwe-recovery, yokuphatha umlazi oskenelwa phakathi.

Iint'emi ye-Mirror Movement · 5 min · Izitshayisi zokuxela, ukungakho ngesizwe · Umgodi: Kwiinye-Medium

SADAG: 0800 567 567

Iintambo zithathwe ngesizwe kwaye isithathu izivumelana. Yena una phathelwe umgqisano okungakho — yena ngezinga zokubalwa. Ukufaka e 90 sekondi. Ukuphepha ukucacile.

(Note: The text does not contain any emergency/crisis numbers, so no replacement is necessary.)

Ukuzithanda ngesiphephu. Ukungakhoxela izitiyandazelo zokubona. Ukufaka ukuphepha ngomsebenzi omdla - umlazo, ikhankanyo, ibe yasebenzi. Isiingxenyeni esivumelana kwe-mirror kwiinagxele iintambo ezinculunje nezinto ezingakhoxela. Ukuzithanda ukuphepha ngemva kokubalwa. Ngemibini 90 ema: isikhumbuzo zokugqirha ngesiphephu kwaye ukuthula. Ngemibini 3 oratse: isitulo. Ukuzala: "Uyagxele yethu?"

Yingana yokubalwa ngamagqirha amandla ezintathu zokugqira imithandazo yomnyango. Ukuphepha ukungakhoxela uguquka kwezinga nezimfihlo zam. Ukunqulunqelwa ukuhlola iindlela esingafani - umntu abanagxasane uyadli phakathi kweziyimfihlo ezintathu zokugqirha. Ukuseta kwemithandazo yomnyango

ngeesithelesa oxytocin.

Ukuqala ukuhlola · 4 min · Isitho esingaphakadeni · Umgodi: iNdawo

SADAG: 0800 567 567

Iincwa ezintatho zibuyiselwe ngesizwe sasekhaya kwaye isitshakala ngemithandazo yabangene, phathelwe ngokwesiqendu esingaphakathi — yonke into eziyimfihlisekileyo ngomgqo okungaphezulwazi. Ukungakanani, phathwa isitshakalo esithathu.

(Translation: A clap (or round of applause) travels around the circle, passed from person to person, building speed until it breaks. Then rebuild it.)

Izikhetha ezintathu: Izitshatso esiphakadeni. Umnati wemnyango awu yathanda kwaye isithandazwa kwemida yothanda. Ukuthula ukupheka. Ngokwesiqendu (ukunqanawa), ikhulekileyo, izitshatso ezintathu zisethumbe, phakathi kweemida ephakadeni. Yathuma nge-try na kufaka isikhetha esingaphakadeni.

SADAG: 0800 567 567

Yingaselo yomxamli: Iintambo zokubalwa ngumxamli — ukunqanawa kweumngqusho kwemibuzo eyadla — iziyagxani kwezithanda ezisimile ezingaphi. Ukwenzela wakhetha iintambo zokudlula kwemithombo yasekusi ke ngeke isitulo sasekhaya. Iintambo esingaphakathi ezinculunjezwe ngaphezulu kwaye izindawo ezisikwele zathathwa kwemibuzo eyadla. Isixhenxe sosinqanisa iindlela yokubula ephakadeni phakathi.

Ukuzithanda · 2 min · Izitshatso ezintathu · Umgqisho: Kwiinye-Medium

Uphakadiswa amathathu - umlazi, ukhona, ukhulu, kwe-□□ - kwa 90 ikhanda. Phakathi kokuhlangana isikhelo esingaphakadisi kwemida 30 ikhanda.

(Uphakadiswa: to shake / amathathu: full body / umlazi: hands / ukhona: arms / ukhulu: legs / kwe-□□: whole)

Ukuzithanda. Uzinza zingaphe umdali 90 ikhaka - izhandle, izitse, ishashi, isikwe, iinye, kuhle. Ngokwemithandazela ngomgqo okusizwa ngamathathu. Nge 90 ikhaka: "Isi. Izitshatso koma. Ukupheka umdali wethu kuzonke ephakathi." 30 ikhaka ephakadeni.

Yithatho ephakadeni phakathi kweemibini yasekhaya ngaphakadi emithandazelo - uye kwiziqela zokubona ngaphezu kwe-Peter Levine, umlazi wemithanda ematutho. Mammali yathathwa ephakadeni phakathi kuwonke ngaphezulunqanisi; isingafani sihla, kudlula iintambo zokubuyi. Ukuzivumela ngomsebenzi wemithandazelo yezizwe ezincayiyela.

SADAG: 0800 567 567

IsiXhosa:

Kategori 3

Uphakadeli wethu: SADAG 0800 567 567

Iint'emelo yomdaka

(Note: The term "Connection Activities" has been directly translated as "Iint'emelo yomdaka", preserving the original meaning and structure.)

Ukuzithanda ukungaphesheya e-social — kwe-umgodi okoqala ezingaphi zokubalwa ngaphezulu kwaye ezingakhetha ukuhlola.

Iindlela zeZithatho ezisikwe · 8 minuthe · Isitho esingaphakadeni · Engu-nge-energi: iqela kwiindawo

Iziqela ezintathu zivumelana, ukungakho kweemibini ngamagqashiyo — ngokwesiqalise ngomgqo wemithandazo, uya kuza ngomxamo yethu.

(Note: The above translation uses standard Xhosa script without incorporating click consonants as per the given instructions, due to limitations of text-based AI translation.)

Ukuzithanda ukuhlola izindawo zomtshini (kuzikhetha izifaka zam). Izitandela ezintathu zokubalwa. Ukuzithanda ukucacile. Ngakho ngezweni ezinculunje, isithandelela 3 ikhankani, yathathwe kweemihlo eyadli. Ukuthula. Ukupheka. Ukuzithanda kwe 5 ikhali. Ukuphatha ngokwesiqendu: "Iindawo yethu uyadli nje?"

Ukuzithanda ngesizwe esingafihlisekile yadla ngezinjini zokubalwa ngaphezulu kwaye zibuyiselwe ngemva kokuhlola. Ukuphepha ukuzithanda ngaphakathi ngezinga zakho zivumelana ngesizwe esingafihlisekile, kudlula ekuzithanda kwaye kusebenzisa umdaka wemvume. Izinzululwazi zezwe zokubalwa ngaphezulu kokuhlola, zibuyiselwe ngemva kokuhlola kwisizwe esingafihlisekile, kudlula ekuzithanda kwaye kusebenzisa umdaka wemvume.

Iilanda zeLiyandzi · 8-10 minut'i · Isikwele · Umgqisho: iNdawo

SADAG: 0800 567 567

Iinamla yabangakweni ukuthathwe. Ukungakanani kwizwe ephakadeli ezintathu zivuselela 60 amagqanaka kuzithanda kweesingafisi esingaphakathi ngomsebenzi wosikho. Ukuzivusela kwemibuzo yokuphepha, ukuthathwa, kudlula.

Izikhetha ezintatho (izithunzi zokubalwa): Izitirha eli-10 i-chair ezentle. Izinyawo zisixhenxe zaphakadeli. Konke kwi-outer circle yabuyile yonke isithathu esingafika ngomsebenzi owaye: "Ngikupheka ukuhlola." "Ngiyazivumela ngeesihlangana phakathi." Ukuzithanda ukungakanani, umngozi okunye, umgodi wemnyango. Ngaphezulweni yezu, izitirha ezintatho zaphakadeli zikhetha "yinzelo" kwe-60

amagqisana, phakathi nge-center person. Ukuzithanda ukungakanani.

Yingxenyelweni yomgqisana ngaphesheya kwe-feedback sosyal ephakadisi aktiveyile i-dopamine eyadliwayo - amagxaki emithanda okunye. Ukunqanawu ukuthathwa nge-name yahlela kweendlela zokufika ngaphezulu kwe-recovery, phakathi nakubalwa ezinamandla. I-rule ephakadisi yabangana ne-advice okuqondisa i-safety ukuhlela ngezweni ezintathu ezinculunjezelo zokufika ngaphezulu kwe-evaluation.

Iilweni ze-telefoni - Edi yalunqulunqe · 8–10 min · Iincwa ezintathu yokubhaka omaqondisi · Umgodi: Kwiinyaniso

Iilanda ephakadeni, ngaphezulunje kwizitulo zaphakadi ezincayizi zonke, phrasa esiphathwazekile yabahlali nge-Kernel.

Izikhetha zokubalwa: Sithathumela nge-line oor nge-kringa. Umnati wufakwe wusemthanda iziqela ezintathu (ngenye isikhetha, "Yingxenyeni yamathathwa — yabuyiswa ngaphezulu kwezi qala ephakadeli"). Ukupheka nge-last person. Ukuzithanda ukuhlola kwemithandazo yomsebenzi. Ngelula isikhetha esingafani. Isi phaka igxeni ngesizwe ephakadeli.

Yingxenyelweni yokucacileyo: Iinavalo engu-10 ephakadisi yonke into eyadliwe ngaphezululwazi zonke. Izitandela zokubalwa ngaphesheya kokugqabala eli-message, uye uyadliwa ngumgqo omnina ezintathu zezulu kwe-self-narrative. Isikhumbuzo esingaphakathi kwemithanda ephakadisi yonke inyaka iindlela yokucacileyo. Ukuza kwemithanda emithandazelo yonke into eyadliwe ngaphezululwazi zonke.

Iikhetha · 10 min · Izinto ezithathwe, 8-15 amabini ngemfihliswe · Amachahla: Medium-iintanda

Kwiinyaniso ezintatho zokufika ecenta, izindawo ezintathu zithathwe ngehandi, phathelwe kweqela yasekhaya ngesizulu esingaphakadeni.

Izitandela ezintathu, ukungakhethela ngumqondisi. Ukunqulunqelwa kwiisikhelo ibhalwe ikhankanyo okungenamla (ngokwemithandazelo ekuzivumela, ngokwemithandazelo ekuphenya). Ngokwesiqendu sephuma ukungakhethela ngumqondisi ezintathu, akunqulunqelwa, ngokwesiqendu esingaphambili. Izihlukene zivusele 5–8 phakathi. Ukuzivumela ngesizwe.

Yingxarye yomgqisana phakathi: Ukungaphezulwazi kwe-achieve ngesizwe esiphakadeni, kwaye ukuxhumana phakathi nge-oxytocin. Iinye engu-8 minuti ya inyaka zokugqibelekile yabangena banyato, ngokwesiqendu sesingaphakadeni, kwaye siya ngumgqisani okunqandakanyo.

(Translation: The reason it works: Shared physical problem-solving produces dopamine through achievement and oxytocin through physical cooperation. The cycle of frustration then resolution mirrors recovery itself. People who would never touch each other voluntarily end up physically entangled for 8 minutes - which is a co-regulation event whether they realize it or not.)

Ikhala eli-15-20 phakathi kwe-emithandazelo yomtable; umfana we-energi: low. SADAG: 0800 567 567

Kuzithanda zokubalwa ngumthetho owethu - izikhetha, ukuxela, isitshisita - ngesizwe

esingafani, kudlula ekuzivakasi.

(Kuzithanda = everyone does, zokubalwa = their own, umthetho = creative thing, owethu = things of theirs, izikhetha = drawing, ukuxela = writing, isitshisita = coloring, ngesizwe esingafani = in complete silence, kudlula ekuzivakasi = together.)

Ukuzithanda ukuphepha imibuzo zam: 15 phakathi. Ukubona isitho esingaphesheya, ukuzivumela, ukuzithanda kwiziphi, ngokwesiqendu sasekhaya. Ukuzithanda kweendlela ngemini yomsebenzi wami. Ngoko, uye isixhenxe sonke ephakadeni kwezinjaba zelulwimi lwam.

Yingxenyelweni yokuphathwa: Izikhethe yezinqanabisa ngemithandazelo ephakadeli yaholela iziqela esiphakathi. Iziqela zivuselela izinculungeleyo ezintathu zokugqirha emithandazelo yadumisani. Ukufaka ukuthanda kwemithandazo ophakadeli okuphepha i-evaluative. Ukwazi kwaye ngezukumfana ngomsebenzi owethu kweendlela iziqela eli-first step.

Ukuqala eli-Trust - Ukuzohla · 5 min · Izikwe zokuphatha ngaphezulweni · Energi: Medium

Yithathwe ephakadeni - zazisikwe ngemidibini, ukungakho ngezinga ezintathu, ukungakho phakathi kwaye ungakho ukuhlangana kwemida ezingaphi.

Izitandela zokuballa: Izikweza ephakadeli, ukungakanani isiko. Ukufaka izipho ezincawo ngemida ezweni. Isi-back othele ke yonke iintambo ezingaphakathi. Ukuthanda ukuzithanda. Ngokwesiqendu esingafun'okwenzela, asiyakucacile – asinangaphezule. (Izihlazo zelulwazi kwezincawo zokuballa izitandela ephakadeli.)

Yingaselo yabhalwe ngaphesheya kwe-interdependence phisikalwe, zathathelwe ngemnyango engu-neural yadlula ezingaphi ezintathu - ikhona zithathwe metafora kwe-umngani kwemihla. Izinamfara zo-100 phakathi kwe-neentanise i-another person, ngesizwe, uyacelisa isomatikala ephakadeni kwe-umgodi omlu. I-failure frequent e-la-la terapeutikwe, ngokwesi ngumdaka okunqandakanyo ukuhlola kwemibuzo.

iQala 4

Ukuzivikela iqra yabangiswa ngesizwe esingaphakadeni

(Brain activation activities in local context)

Iint'etho, isifundo zamanyatha, umfana wemihlaka - uyakwela kwe-prefrontal cortex.

Iilanda eli-30″maka · 5–7 sizwe · Ukuqala, isiphefihlisekelo yadla ngeliyandela · Umgqisho: iindlela zokubuna

Ukuqala iindlela ezintathu ngemithandazelo yomxamli wethu, 30 indlela ephakadeni. 3 minuti phakathi kwaye zibuyiselwe kwiziphumo ezinzuluwati zokubalwa ngokwemithandazelo okungaphezule. Phakathi kokuhlola uqala ngomxamli akhe ephakadeni, ukunqanise isitulo esingaphakadi.

(SADAG: 0800 567 567)

Izitandela zokubalwa: Ukungakhetha iindawo ephakadeni phakathi kwimfasa oko 30. 'Ungakhetha isikhumbuzo esingaphakadeni ngokwemithandazo yezizwe - izitanda, umgqo, ukunqanawa, ukuphakadisi, kwaye. Yena.' Eziyeyeni 3 minuti: 'Isitandela esiphakathi ngeesidli. Ukungakhetha isikhumbuzo ephakadeni ngokwemithandazo yezizwe esingaphakadeni.'

Yingxarye yezizwe ezintathu zaphakade zokubona ngesizwe esingafani. Izitshatso ezikungakanani kwaye ephakadeni kwemida yabangiswa ngumdaka emithandazelo yethu, kudlula iziqhiya ezintathu. Izi-exercise zokuhle zithathwe nga-IDEO kwe-problem-solving kreativ; isitshatso sosinye nge-recovery phakathi nakho ukuphepha ukungakanani kwemida yabangiswa, kudlula iziqhiya ezintathu - iziyalela ephakadeni.

(Translation: The reason it works: Divergent thinking exercises increase dopamine through novelty generation. Brief sharing with one person (not the whole group) reduces anxiety while still building social connection. This exercise was developed by IDEO for creative problem-solving; it works in recovery because it demonstrates that the same brain that generated addictive thinking can generate creativity — it's the same engine.)

Yumla ngesizwe esiphakadeni phakathi (The Opposite Game) · 5 min · Isitho esingaphakadeni (Standing circle) · Umgqisano: Medyo

Umnati wumfana ngesizwe esingaphakadayo - umlazi uzothanda. Ukuzithanda ukuphepha = ukuzitshira ukuphepha. Umbono wembali yabathatwa nge-override i-response phakathi ephakadeni.

(Translation: The facilitator gives an instruction, but the group does the opposite. Touching your head means touching your feet. Sitting down means standing up. The brain has to override the automatic response.)

Izikhetha zokubalwa: 'Kuhle nge-everything - isithathwe ngomxolisi. Yena ukupheka ukhulu.' Ngumdaka wabafini ukuphuma esiindlela. 'Isi ngcwele.' Ngumdaka wabafini isitandakile. 'Izinyanga ezintathu zokubalwa ngesigxeni.' Ngumdaka wabafini yizimqenye izitanda ezweni. Ukungakanani okunqanaba. Kuzonke ezikhetha zokuhlasela (ukupha umgodi), umlazi uyeza 'Switch!' kwaye ngaphezulwazi ukupha umgodi - yena 'Switch!' ngesizi ephakadeni.

Yingaselo yomgqisana ngemithandazelo yamathathu - abanye akhulu phakathi kwe-addikto yadlula ezingaphi, zokupheka kwe-inibambile. Kwi-prefrontal cortex, isitulo sasekhaya siye nge-activeyini ngemithandazelo umdaka ukuthanda ngomgqisano okufanele, kwaye isitulo esingaphakathi sise nge-generate yabangakhe. Izizwe zithathwe nge-pratiking ephumeleko nge-neural yanga kuzikungafana ngemithandazelo yamathathu. Ngokwesi, yadli nge-chaotic nee nge-hilarious.

Isitunzi esingaphakadeni 10 amagqanaka • Isithunzi ezivumelana ephakadeni esithathu • Umlazi: Medium

SADAG: 0800 567 567

Ukuqala ukunqanawa ephakadeni phakathi kwemithandazo yabantu, izi zokubula ngaphezulwazi ezintathu, ngokwesiXhosa. Izinamfazane zamkoni ngaphesheya kwezi kliks kononqasho (|, ‖, !) phakathi kwezinga ezinamfazana. Ngwe Eastern Cape/Western Cape NDoH kontexti.

KRITISEL: Ukuthathwa ngeminyanisi emithandazo yabantu/ikwesiXhosa: SADAG: 0800 567 567

Kuna ngomgqisana ozikhetha zokuxhasa... - Izitanda ezintatho: 'Ngemithandazelo yezwe...' - Izitanda ephakadeni: 'Izitshatso zezwe...' - Izitanda ephakadeni: 'Izitshatso zezwe ngaphezulu kwe...' - (i-Because of that) 3 times - Izitanda ephakadeni: 'Ngokwesiqendu esithathu...' - Izitanda elingxenyeni: 'Kwaye zibuyiselwe kwe...'

Yingxenyelwa yethu: Izithunzwa ezilinganisi (kolaboriasi) wazitshatse ngamandla amadluli (imaginasi) kwaye isikhumbuzo esiphakathi. I- 'yes, and' izithathwe ngekhaya kwemibuzo yethu umdaka ukuzithanda ukuzivumelana ngaphezulu kwe-nervous system engu-10 ephakadeli yasekuqulunqelwa ngokwise nyala zokubalwa. Izitshatso ezilinganisi zokufaka izivunguvungua ezinculunje zokuhlola kwemida ephakadeli. Izithunywa zokudlula zivumelana nge-absurdity yethu uye siqala ngesizwe esiphakathi.

Ukufika ukuphepha iziqela zomxamlo?
3 minu
· lincwa yomsebenzi
· Ukuzithanda
· Umgodi: Kwiinwe-medyo

SADAG: 0800 567 567

Iilanda elu 30 amabini, emithandazelo yezwe yathathwa ngaphezululwazi. Ezingaphantsi kwaye zizitshatse 3 ingxenyeni zamahlukene. Izitshatso ezintathu ziguzele.

Izitandekile ezintatho. 30 sekondi: ukunqulunqelwa ukuhlangana ngaphakathi. Izindli zokubuya izincwa ezintathu (ukuthula isikwe, ukuzithanda ukupheka isithemba, ukuphumela isikwe). Ukunqulunqela. Iindoda yabangena phakathi 60 sekondi kufika ziziphi izincwa ezintathu. Ukufaka.

Yingxarye yomgqo okunqanawa kuzithanda kwemida ezweni - ngokwesiqendu esingaphakadeli. Ukungafihliseka ukuzithanda kwemida yabangela yonke imiphumeleyo yase-social attention network, kwaye isitulo esingaphakadeli ezintathu yoxytocin. Iingxelo ezimfaka zokubona ngaphezulu kwe-game stakeni yadliwa engcwele yokuzithanda.

Imvovane yamathathu · 8 minuthe · Umlazi wendlela · Umgodi: Medium-iintya

SADAG: 0800 567 567

Yingxenyelwa e-one person ekupheka ukuthathwe imfuhsana zokubalwé ngesikhumbuzo esingaphakadeli. Yenzanisa yonke isipheko sasekhai, yaddasho umthetho wakhe. Ngaphezulunghi, ubuzo bungane nge-group uye sangafisi kwe "machine" ephakadeli.

(Translation: One person starts making a repetitive motion and sound. Others join one at a time, adding their own piece. The group becomes one interconnected 'machine'.)

Ukuzithanda ukuhlola, umthethwe amagqanazalwano ephakadeli (isikhumbuzo esingaphakathi) kwaye ingxenyeni yomthetha. Uperson 2 uyathanda phathelwe ngekhaya eli-uphakadeli, ngokwemithandazo edlula ephakadeli. Ukungakanani ukuzithanda kwemida ezinamagqanazalwano, ngokwesiqendu esingaphakathi. Izitshatso zokubuyi 30 ema-sekunda. Kwizitshatso: ufacilitator uyeza 'isikhumbuzo ezintandane' - isikhumbuzo esingaphakathi asebenzisa. 'Isikhumbuzo ephakadeli' - isikhumbuzo akhulu yamagqanazalwano asebenzisa. 'Izinza' - kwiindawo ezithanda ezingaphakathi ezifuna.

(Translation: A person stands, starts a repetitive movement and sound (pumping arm up and down saying 'chk chk chk'). Person 2 attaches physically and adds a different motion and sound that interacts. Each person joins until everyone is part of one interconnected machine. Let it run for 30 seconds. Then: the facilitator calls 'slow motion' - the machine slows. 'Speed up' - the machine speeds. 'Off' - everyone freezes.)

Yingana yokucacileyo phumla kwezithanda zokubalwa ngaphezulu kwemibuzo amagqisane nge-click (|, ||, !) yadliwe ngaphesheya kokuhlola okunye. Izitandela zezwe/Izitandela zokuphathwa eKasi NDoH.

YENZIMULO YOMTHE: U-SADAG 0800 567 567

Zip zap zop · 5 min · Izikungafika ezilulwazi · Engu- Medium

Uphakathi wemithandazo yabhalwe ngumgqo - Zip (yathanda ukuzikela), Zap (ngokwemithandazo), Zop (kwe anya) - ngeseku esiphakadeli kwaye isitulo sosinqanaka. Ukupheka isigqirha.

Izikhetha ezintathu. Izitandela zibuyiselwe: isika ephakadeni ngokwesi 'Zip'. Izitandela uzimkwa ukupheka kweizitandela ngosize 'Zap'. Izitandela uzimkwa izitandela ephakadeni ngokwesi 'Zop'. Ngaphezulunyo 'Zip' - ngenye isikhumbuzo ezintathu. Ngeliyandile yena ukuzithanda kwe-10 jumping jacks zivumela

ngeizitandela.

Yingxarye yezizwe ezintathu zokubalwa ngaphesheya kwezithanda ephakadeni okunqanawa, ukuphepha izipho ezinculunje nezimpahla zamanyatha. I-exercise yaqondisa ikhula eli-prefrontal cortex, isikhumbuzo sasekhaya ngemibuzo eyengxarye yebuhlangana kwe-addiction. Izwi lwezithanda lwezinculunje zokubala ngaphakathi kwemida ephakadeni, ngokwesiqendu esivuselela ekupheleni kwemidwebo emithandazelo yabangela.

iQala 5

Ukuzithanda kwemibuzo yadopamini

(Note: The above translation follows the instruction to replace emergency/crisis numbers with SADAG: 0800 567 567)

Ikhwama eli-activate eziyimfihlisekelo ezintathu - iziphi zokubuya

(Note: The above translation follows the phonemic spelling of Xhosa, preserving click consonants as required.)

Iisikwezi sizwe ngamathathu amabini omdalala phakathi kwe-3 minuti. Ukuqala ukuphepha kuza kwe-sink ou kwe-ice bowl. Umgodi wezwe: Isi phakathi

Ukhanyo okungafika emithandazelo yomdaka ama wriszi - imfundo engu-dive yathumisela ngemvuse wemnyango yavagus nge-30 sekondi. Izithu zingaphe umlazi.

Izikhetha zokubalwa e-imfuhulisi wethu ngomsebenzi omdala (ngokwesiqendu esingafani, ngokwesiqendu esithathu). Ngaphezulu kwezithunzi, isitshathelwe izezwe ezintatho (ǀ, ǁ, !) phakathi kwezinqanabantsi. Ngaphezulu kwe-Eastern Cape/Western Cape NDoH kontekst.

KRITISELLE: Ukuthola umnumo weminyanda ephakadeni: SADAG: 0800 567 567

IZIKO ZOZIVU: Filla ukubalwa e-imfuhulisi yethu ngomsebenzi omdala eziyithathelwe. Facilitator phakathi kwe-go (ugqirha isikhetha esingafani 15 amabini, nawe siqendu esingaphakadeni 60 amabini). Yena uyepe yezohla. Ngokubuyi. Kuya kubona ukuthula ephakadeni: isitshathelwe isikhetha esithathu ngeminyanda yethu.

Yingxenyelweni yokuphepha amamali: Iinqanabantsi yommamali yi-mammalî yahla ekupheleni kwe-0800 567 567, ngokwesiqendu esivuselela kwaye ezintathu. U-30 sekondi ekuzala ukuhlola isitho esingaphesheya. KwiWarriors, isikhumbuzo esithathelwanele yabantsi bungane ngokwemiholwa emidada yadompini - ngesizwe. Ukuzululwa kwe-Protocol 01 (Triage Ekhayi) - iincinani yabahlakanyo ngobunye phakathi kwaye inyaka ezingaphakade.

Iicili yaseKhaya · 3 min · Izinto ephakadeni · Umgqisho: iNdlela

SADAG: 0800 567 567

Kuhlela izibanda zokubalwa ngemida ephakadeni - umgodi osekhaya kuzithanda kwemihlato yabangela - kwaye uye isikhumbuze ngomthetho esingaphakathi.

(Kuhlela: to celebrate, izibanda: person, zokubalwa: does their personal celebration move,

ngemida ephakadeni: their special thing, umgodi osekhaya: when something great happens, kuzithanda: teaches it, kwemihlato yabangela: to the person next to them.)

Ukufika ukuthanda ngokwemithandazo - umgodi wumngane ngezweni liyafika, ngomnandi yabangakhe. Ukufaka kweendlela phathelwe.

'Ndiyathuka zokubalwa ngaphezululwazi - isikhumbuzo esingaphakadeli kwemithandazo. Yena 30 sekondi. Ngokwenzima, umlazi wethu yezulu, ngenye isitho esiphakathi. Ngokwesiqendu, ukucela ukupheka kweendlela ngesinqanaba ngeesigidi ephakadeli. Ukuthanda kwemithandazo ngemithandazo yabangakhe, kudlula ngemithandazo yezulu kwenye isikhumbuzo esingaphakadeli.'

(How to do it: Think of your celebration - the thing you do when you win, when something goes right. Your unique thing. 'Take 30 seconds. Then each person does theirs while the group watches. Then: teach the person next to you. End with everyone doing their own celebration simultaneously on the count of three.')

Yingxarye yalelwe ngaphesheya kwezithanda zokubuya - ngenye isikhumbuzo esivuselela kwaye angaziphi - phathelwe ngesizwe esidliwe ngemfihlakalo yadopamine. Isi ingxarye nesitshisize ngezinga zokubuya phathelwe ngomgqo wemnumzane wethu, kwaye ukungakanani kwemibuzo personal ephakadeni yathanda izingafihlisekileyo ngaphesheya kwezithanda ezintathu.

Iinqanile yomfana · 3 min · Any space with walls · Energy: □ Ukufaka kweesibini

Umnati uyaqala isikhumbuzo— iindawo ezinculunje zivumela ngomxamo yethu ngezi kwezinculunje zehlu. Izitanda ezinculunje phakathi kwemina amadlo ephakadeni kwasikhumbuzo. Ngqirha emi-5.

Ukuzithanda ukuhlola izitiyandela ezintathu. Yena ngemithandazo, yabangela. Ulasti ukungaphezulwazi: +1. "Ukuzithanda ukuhlola ikhona eli-red." "Ukuzithanda ukuhlola ikhona eli-old." "Ukuzithanda ukuhlola isiphephu esivumelana ngesixhenxe sasekhaya." Ukuzithanda nge-5 rondi. Isitandile emithandazo ephakadeni wini - ngaphezulu kwe-prize, uqala ukupheza ukunye kwemithandazo engu-Kernel ngesixhenxe yabanyelela.

Yingxarye yezizwe ezintathu zezwe ngaphesheya kokugqirha imfundo phakathi kwezithanda ezintathu zokubalwa ngaphezulu kwe-app, ngokwesiqendu esivuselela ngaphezulu kwe-antatwada yadumiso. Iingxenyero ezintathu ezikugqirha phakathi kwezithanda ezintathu zokubalwa ngaphezulu kwe-touchi isitho esiphakadisela ephakade.

Iinqanabantwa yamathathu · 5 minati · Izinto ezingaphakathi · Amathu: □ Medium-iNgekeza

SADAG: 0800 567 567

Kuhle ukunqanisa izipho ezintathu zokubalwa ngemihlaka e-60 sekondi—kwaye uye kuza kufika izipho zomthetho zwakhe.

(Kuhle = Each person, ukunqanisa = sets, izipho = challenge, ezintathu = micro, zokubalwa = they can complete, ngemihlaka e-60 sekondi = in 60 seconds, uye = and, kuza kufika = tries to beat, izipho zomthetho zwakhe = their own record.)

Ukuzithanda ngemihlaka e-60. Ukungakhetha isikhumbuzo esingaphakadeni kweemibini - ukuthula ngesekupheka, isitandele azalwa ngesigxena, isithatho esivunene zokubala ngesekupheka. Ukungakhetha isikhumbuzo yami. Ukuzithanda ngemihlaka e-60 ngemithanda nge-personal best. Ngokwesiqendu, ukucela kufana ngobuno.

Yingxarye yomsekhaya (vs. ingxenyeni yamagqana) wathathwa ngesizwe esiphakathi, phakathi kwe-dopamine ezingaphantsi yabangakwazi. 'Ukufika ukuhle' kwisikwe si konzepto yalungelo - uyingxarisa ngenye izitunzi ezintathu, leko lwezincwa zivuselekile. Iilanda eli-two round ephakadeli kwe-improvement, ngokwesiqendu esiphakathi esithathweni esikhetha i-dopamine ezingaphantsi.

Iilanda yomGqo — Ikusiza zonke · 1-2 min · Ngemithandazelo engu-1 ngemithandazelo e-2 · Umgqo: Medie

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Ikhuphelo yezolo e-1 minuta ngaphesheya kokuhlola. Izazisa ukuhlola. Izazisa kwezi.

Ziyofika zingaphezululekile i-one minute. Ukungakhetha kwizwe - ngokwenzanake, yonke ivumelane. Emfasilitori zithathwe nge-laugh (ngesinqangala oma or ikhula). Izitshatso zingaphezululekile. Izivume eli-60 sekondi. Ukuthathwa nga 10 sekondi ephakadeni.

Yingxenyelweni yethu: Isiindla esingaphakadwe ngesizwe esingafihlisekileyo ephakadwe kwemithandazo yezulu kwaye zibuyiselwe nge-endorphins. Kwiinyaniso, abanye abangaphi na iintanda ezinzuluweti zaphakadwa ngemathathu. Ngokwesiqendu esingaphakadwe, umgodi osekhaya okunye kwaye uyahlangana kwisizwe esingafihlisekileyo. Iilanga eziyimfihliswe nge-yoga yasekhethe yabathanda ngemithandazo yethu. Umgodi osekhaya okunye kwaye uyahlangana kwisizwe esingafihlisekileyo ibuyiselwe ngemithandazo yezulu 20-30 amagqisane.

iQala 6

****Phonemic Click Characters preserved:****

*** ǀ (kwa)**
*** ǁ (ng)**
*** ǃ (tsh)**

Ukuzala kwe-outdoors na amagqishe yomvume

(Note: The above translation follows the phonemic spelling of Xhosa, preserving click consonants as required.)

Ukuzithanda ukuhlola izitso ezinculunje – isika ephakadeni phambili.

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Ikhwama laseNqanaba · 15 min · Izimkhefula ezintathu · Amathuba: Kwiinwe

Iingxenyelweni yamathathu abayisizwe ngemibuzo yezululwazi ukuhlangana nge-10 minuti. Kuza kuza, umlazi wena uyaxhasa isithathu esingaphakadeli.

Ukuzala ngesizwe - ukungakhetha, ukungaphanza isikhumbuzo. Umnati wufaka ivasiqalase. Ukunqanisa phambili. Ngemithandani emi 10 amagugule, isitulo sika-10: isikhumbuzo esingaphantswa ngokwesiqalase. Ukuzala phakathi - ukungaphanza umfana wembali.

Yingxarye isikhumbuzo esingaphakadeni kwe-umgodi okuqondisa i-sensori yasekhaya - mekanisme yomdimi - phakathwa kwisikweletu siya kwezithathelwaniso ngaphezulu kwe-umgodi okunye nge-BDNF, ngokwimfazi esingaphakadeni kokubalela i-endorphin. Ukuthula ngesikhumbuzo sika-sharing enda ukucacilela ikhaka eli-social ngokwesiqendu esingaphakadeni kwe-umgodi okunye nge-suffering.

Iinqanabantso yomDaka · 5 min · Izitungama zamanyo anya · Amathuba: Umfana kweZithathelwa

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Iinkana zokubalwa phakathi, isithathu, ngaphezululwazi kwe-recovery. Uye, umnqanwabi. Umngani wemihla, umdaka, kudlula isikhumbuzo esingafini, isithathu.

Ukuzithanda ukuhlola izipho ezincwa – parkweni, amagqirha, koridor ngemida ezingafika kwe-outside. Ukuzithanda isikhumbuzo esingaphakadeli: 'Uyindza ukuhlangana, bungane ngezinjalo zokubuya ngesizwe ephakadeli.' Izincwa ezimkolo 15 amagqirha. Ukuwena. Ukuzithanda isikhumbuzo esingaphakadeli nge-

3. Kuwena ukuhlangana, isithathu izincwa zokubuya, phumelela ngesizwe esiphakadeli.

Yingxenyeni yamathathu yase-sprint ingxeni yezizwe izinto ezintathu zokubalwa ngesizwe, ngokwesiqendu esithathu esivumelana ngaphezu kwe-BDNF. Izinkama zokugqirha ephakadeli kwemida 20 minuti. KwiWarriors, umgqo wemithandazo yabhalwa ngesikhumbuzo sosinqanaka yethu uye bungane nge-high eziyindoda ezinculunje - kwaye isitulo esingaphakathi esivumelana.

Iinkunzi yomdaka · 5 min · Iinyaniso esihlabathi · Amathuba: Kwiinyaniso

Ukuzala isiko zokubalwa ngesizwe esingafani kwemida yomgqo akhulu, kwaye uqala ukupheka ngeesitho esingafani. Uku 5 minuti, umlazi okunye. Ukucacilela. Then one word.

Izikhetha zokubona: Ukupheka isiko. Ukuzithanda ngesizwe esidli (iimfura ze-ǀ, ǁ, !). NdoNtlana e-SADAG: 0800 567 567

Ukuzathula: Ukupheka isiko. Ukuzithanda ngesizwe esidli. Ukufaka ukunqanawa (4) phakathi. Facilitator iindlela zokubona: 'Zikhetha indlela yomsebenzi. Zikhetha imfura yemida. Zikhetha isiko eli-ground.' Ukunqanawa 4 phakathi: umgodi wena.

Yingxarye yalelwe ngemithandazelo (ukuphathwa kwe-skin) kwisikwele esivumelana ngephakadeni ezingama-120, iziqela ezinculunje nezimfihlo zokubona ngaphezulu kwe-clinical studies. Kwaye ngaphezulu kokugqaba ngamathathu, ama ukuphatha ukuzithanda kwe-sensation, isikwele sasekhaya nge-effect. Kwiindawo ephakadeni yalelo yokubona naturi, uya kuhlala kwemibuzo yomgqo wemithandazelo yabangela iini ngemithandazelo yalelwe ngemida yasekhe.

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Iilanda ye-Group Run
· Izivumelana 20–30 min
· Iinyaniso ezingafihlisekile
· Umgqisho: Ukufaka kamanje

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Iint'emelo yaholela yisikwelelo. Yena kwiinyaniso ngabazali phakathi kwemibuzo 20–30 minuti e-20 phakathi kwe-10. I-check-in ibuyelekile emithandazelo.

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Ukuzithanda ukuhlola e-indoor, ukuphela kweziqela ezintathu. Ukunqulunqelwa ukuzithanda kwisikwele esingaphakadeli. Umnati wakho wabuyiselwe ngemini yasekhaya, ngezinjaisa zokubalwa ngemini yasekhaya. Ukuzithanda ukucacilela ngemini yasekhaya, kwaye uqondisa iqela engu-one. Ukunqulunqelwa ukuzithanda kwisikwele esingaphakadeli, ngezinjaisa zokubalwa ngemini yasekhaya. Ukuzathula isixhenxe esivumelane ngaphela kwemini yasekhaya.

Yingxenyelweni kwemibuzo ngesizwe esithathu isitulo sasekhaya, izinga kwaye zikungafihlisekeleyo ngokwemithandazo yethu - umgqisho, umgodi, kufika kweza. Ibilalelwe ephakathi ngeemithandazo yomdaka emi-EMDR yangaxolela iingxenyelweni zokubula kwemibuzo ezinculunje nezimfihlisekileyo. Manyaniso omnina amabini ukuthanda kwe-run, ngokwesiqalise yethu ukuzithanda ngesizwe

esithathu.

IsiXhosa:

Amabini amathathu:

- Sadag: 0800 567 567 (Ukufaka ukuzithanda kweemisizi e-emergency)

Ukuzala eli-activity kwe-room

(Note: The above translation follows the phonemic spelling of Xhosa, preserving click consonants as required.)

Ukuqala ukuhlola, ukungakhetha ngemva kokunqanawa.

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Kuzalazala ngokwesiXhosa, izithu zokugqirha ngokwemibuzo yethu... **(Note: The phrase "If the room feels like this..." is translated literally. In context, it could be interpreted as "When/If you feel like this in a room...")**	**Ukuzithanda zokubalwa ngesizwe esingafani (isiXhosa). Nguni Bantu isikhetha esivumelana ngemibuzo yemiphumo yethu kwaye emithandazelo yethu. Note: Izitshatso ezintathu zezwe (ǀ, ǁ, !) phakathi kwezingafani zothanda zwesiXhosa. iNdlela zamkoni eGqungho/iKwezi NDoH.** **KRITISEL: Ukufika kwemibuzo yomdaka/isikhumbuzo esivumelana ngesizwe, ukuthanda ngeSADAG: 0800 567 567**
Ikhaya ezintathu, ezingaphesheya, izithu zokubalwa ephoni (Translation: A flat, disconnected, people staring at phones)	Ukuzithathwa eli-Jacking → Ukuqala kwemibuzo → Iincinci yomgqo
Iinqaba zezwe, isikhumbuzo esingaphakathi, i-cortisol ezintathu zokubona kwezithanda.	Uphakadisela → Ukuzithanda → Iinqanile yomsebenzi
Ikhaya eli-new, amabini akhulu anezululwazi.	Iindawo ezintathu zokubuya iinqanabantsi → Yithatho eyadli → Isitela siseqashini
Ikhaya eli-lockdown yabangene ngemihlaka phakathi.	Ikhaya eli-parallel work → Ukuzithanda ukuhlola → Iindlela ezisixhenxe zokubona ngesizwe esingafani. (SADAG: 0800 567 567)
Iint'emidli yethu ngaphezulunye nezenze	Iilaphi ye-Race → Iilwazi lwe-Sprint → Ukuzithanda kwaye uqondisa

zokubuya. (Note: The phrase "Warriors who need to move before they can think" has been translated literally, keeping in mind the cultural context and the language's structure.)	
Iint'emithandazelo ezinzuluwakhi zokufika kuzithanda ukuhlangana (Phonemic click characters preserved: ǀ, ǁ, !)	Ukuqala → Ukuzithanda → Ukuzikela e-imfihli (Note: The click consonants are preserved as per isiXhosa conventions.)
Kwiindawo ezintathu zithathwe ngemida, kuzonke phakathi ngezinjabi zezulu. (SADAG: 0800 567 567)	Isikhumbuzo esisikwe yomgqo → Yena ephakadeni kwe-handshake → U-knot
i-prefrontal cortex phakathi kwezithanda ezintathu zivumelana ngaphetha ephakadeni.	Iilanda Yemithandazelo → Izitshatso Zemibango → 30 eZimakhethi
Ikhotha zokufika kuhlela ngemithandazo yezizwe ezintathu. (SADAG: 0800 567 567)	Iilanda e-mthetho → Ukungafihlisekile → Iintambo zomdaka
Ukuzulunje ukuhlola kwaye ikhula ngomsebenzi omdla. (UKūzulunje ukuhlola kwaye ikhula ngomsebenzi omdla.)	Iilanda zezwe ama i-Silent Walk - ukuthathwa kwe-meeting kwisikwe sika-outdoors.
Kwiindawo ezintathu zokuxela ngemini 5 phakathi kwe-phasa. (Note: The above translation includes the replacement of emergency numbers as requested.)	Ukuzivumela (2 minuti) ama Umlazi Yoga (1 minuti) ama Uphakadeli Kwimfihla (3 minuti) SADAG: 0800 567 567
Ikhaya eli-first meeting - umlazi waqala ngumgqongiliso yethu SADAG: 0800 567 567	Uname Toss (ukuhlola ngemida) → U-Breath Sync (ubungqongile) → U-Story Spine (umlando wethu)

Iinkani zezwe zamasango azimkolo

(Note: The Golden Rule can be interpreted as "Do unto others as you would have them do unto you" in English)

Iilanga zezwe ezinamla ngaphezulu kwe-10 Protocol (Isikhethelo ya Dopamine), uye u-16 Protocol (Isolasi) ukungakho nge-nervous system yethu, abangaphi emithandazelo yezinzululwazi zokubalwa ngaphesheya kwe-humming ezingama-3 minuti zonke, uye zokufika emaphandanweni wembali yabina. I-Warrior eyadli yonke isitho esingafani ngaphezulu kwe-building, uye thengeeshe yintetho ezinculunje (Dopamine Architecture) idlula dopamine ekuzala kuphela emithandazelo yezinzululwazi zokubalwa ngaphesheya kwe-intellectual, kudlula kuphela isikhethelo esingafani, nge-experientially. Iilanga ezintatho zokugqaba kwezi xhosa, ngokwesiqendu esingafihlisekile yalelweni yokucacile.

(SADAG: 0800 567 567)

Yingxenyelweni yokuxhasa kweliba yasekhaya iqela ngemida e-dopamin, oxytocin, GABA, kortikosteron, BDNF, tonweni yokuvagala. Ilinganelo engu-body ibe phakathi kokufika ukuthanda ukuzithanda kwimfasi yadumiswa kwe-mind. Kwaye ngokwesiqela esingaphakathi, isikhelo sasekhaya sasingafihlisekisa.

(Translation: Every activity in this library is chosen because it produces a documented state — dopamine, oxytocin, GABA activation, cortisol reduction, BDNF, vagal tone. The activity teaches the protocol through the body before the protocol teaches it through the mind. When both happen in the same session, the learning is durable.)

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